

Quick Breads – A Natural for Today

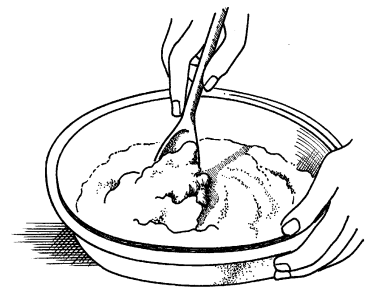
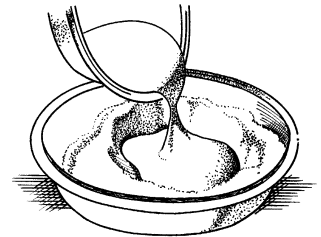
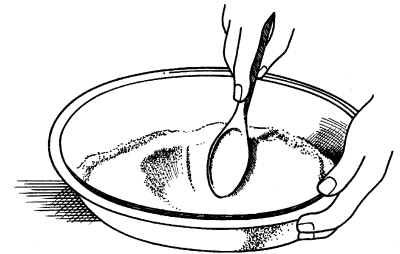
Nothing warms up your home like the smell of freshly baking breads.

Muffins

Warm up a Sunday morning with a batch of muffins.

1 egg, beaten	$\frac{3}{4}$ cup milk
$\frac{1}{3}$ cup cooking oil	$1\frac{3}{4}$ cups all-purpose flour
$\frac{1}{4}$ cup sugar	1 tablespoon baking powder
$\frac{1}{2}$ teaspoon salt	

1. Combine beaten egg, milk and cooking oil in a small bowl.
2. In a larger bowl, combine flour, sugar, baking powder and salt.
3. Make a well in center of flour mixture by pushing flour against the side of the bowl.
4. Pour egg mixture into the center of the well.
5. Stir just until moistened, about 15 to 25 strokes. The batter should look lumpy.
6. Fill greased muffin tins two-thirds full and bake at 400 degrees for 20 to 25 minutes. Instead of greasing, and for quick cleanup, use paper baking cups.
7. Remove muffins from pan to wire rack immediately or the bottoms of the muffins will get soggy.



Tips:

1. Melted butter or margarine can be used instead of cooking oil.
2. If your muffins have peaks, are tough or have holes or tunnels, you over-mixed them. When mixing, try using fewer strokes.
3. Are you careful about not over-mixing but are still getting peaks or holes? Without realizing it, you may be over-mixing the batter as you fill the muffin pan. Take muffin batter from the edge of the mixing bowl.



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Cinnamon Muffins: Spoon batter into muffin pans. Combine $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon, and $\frac{1}{3}$ cup finely chopped nuts. Sprinkle $\frac{1}{2}$ tablespoon of sugar mixture on top of each muffin.

Blueberry Muffins: Mix $\frac{3}{4}$ cup to 1 cup fresh or frozen blueberries into the flour mixture. Increase sugar by 2 tablespoons.

Surprise Muffins: Make basic muffins. Fill muffin cups one-half full. Top muffin batter with 1 teaspoon of a favorite jelly or jam. Cover jelly with an additional tablespoon of muffin mixture.

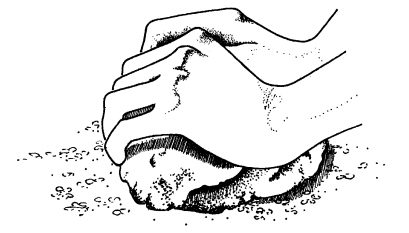
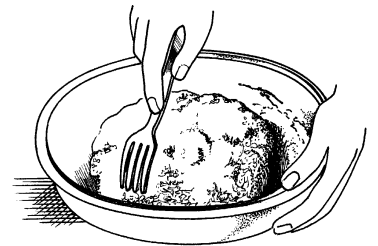
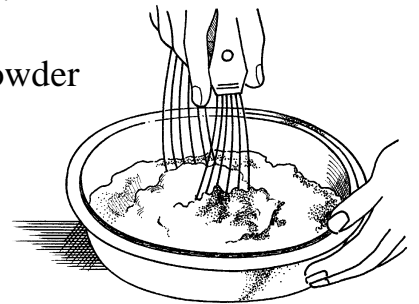
Biscuits

You can make biscuits as good as any fast-food restaurant.

2 cups all-purpose flour
 $\frac{1}{2}$ cup cold margarine

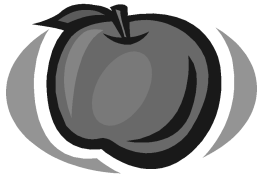
1 tablespoon baking powder
 $\frac{3}{4}$ cup milk

1. Combine flour and baking powder in a mixing bowl.
2. Cut in (using a fork or pastry blender) margarine to resemble coarse crumbs.
3. Make a well in the flour mixture by pushing flour up the side of the bowl. Pour milk into the center of the well.
4. Using a fork, stir the mixture quickly, just until it forms a soft dough.
5. Turn the dough onto a lightly floured surface and knead for 15 strokes.
6. On the lightly floured surface, pat dough to $\frac{1}{2}$ -inch thickness or use a rolling pin.
7. Cut into $2\frac{1}{2}$ -inch biscuits with a biscuit cutter or a glass.
8. Bake in 425-degree oven for 10 to 15 minutes on a ungreased cookie sheet, but not an insulated one.

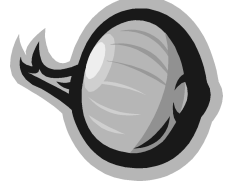


Cheese Biscuits: Add 1 cup shredded cheddar cheese and $\frac{1}{2}$ teaspoon dried basil, dill, oregano or parsley to flour mixture. Continue as above.

Drop Biscuits: Follow above directions, but add 1 cup of milk. Add milk to flour mixture, but do not knead. Drop large spoonfuls of dough on ungreased cookie sheet and bake the same as biscuits.



QUICK TIPS



Do you like all your pancakes to be about the same size? Ladle batter on a hot griddle with a $\frac{1}{4}$ or $\frac{1}{3}$ cup measuring cup or a ladle.

If making blueberry or apple (finely diced) pancakes, do not add the fruit to the batter. Instead, after putting the pancake batter on the skillet, sprinkle each pancake with one to two tablespoons of fruit before turning.

Baking soda really does help keep your refrigerator odor fresh. Rip the top off a small box and place in the back of your refrigerator. Replace it about every three months.

Pancakes, muffins and biscuits that are covered with a towel can be kept in warm 120-degree oven for up to a half-hour.

Leftover taco meat? At breakfast, use the seasoned ground beef as a filling for an omelet. Top with any leftover chopped lettuce, tomato, sour cream or salsa sauce.

Use baking soda to help clean up greasy dirt. Instead of buying a super grease-cutting cleaner, sprinkle wet surface with some baking soda and clean with a damp sponge.

Leftover muffins? Try slicing and toasting them in a toaster oven. Or use slices to make small pieces of French toast.

Frozen bread dough is an easy way to get that homemade taste. When using frozen bread, keep a few points in mind:

- Keep dough frozen until ready to thaw.
- Thaw frozen dough in the refrigerator overnight.
- Bread rises better if covered with a towel and placed in a warm spot.
- If you are rolling out the bread for another use, let it rise first.

Has your honey crystallized? Pop the jar, without the lid, into the microwave and heat on high for a minute or two, stirring about every 30 seconds, until the crystals dissolve.

Quick Breads – A Natural for Today

Yummy Sticky Rolls

¼ cup packed brown sugar
¼ cup margarine
2 tablespoons corn syrup
1 tube refrigerated crescent rolls
2 tablespoons sugar
½ teaspoon cinnamon

1. Heat oven to 375 degrees.
2. Grease an 8-inch square baking pan.
3. In a small bowl, combine brown sugar, margarine and corn syrup. Spread mixture in greased baking pan.
4. Unroll tube of crescent roll dough into one large rectangle. Seal the seams and perforations on the rectangle.
5. Combine sugar and cinnamon.
6. Sprinkle over dough and roll up jelly-roll style, starting with the long side. Seal edge.
7. Cut roll into 16 slices.
8. Place slices in pan.
9. Bake for 15 minutes. When done, turn upside down onto serving plate.

Lemon Bread

1 package lemon cake mix
1 (4 ounce) package instant vanilla pudding
½ cup vegetable oil
¾ cup water
4 eggs
1 teaspoon vanilla
¼ cup sugar
½ teaspoon cinnamon

1. Heat oven to 350 degrees.
2. Beat together cake mix, vanilla pudding, oil, water, eggs and vanilla for 5-8 minutes at high speed.
3. Divide batter into two loaf pans 9x5x2-inch.
4. Mix together sugar and cinnamon.
5. Sprinkle half of sugar mixture over each loaf pan.
6. Run knife through batter to just barely mix topping with lemon cake batter.
7. Bake for 45 minutes to 1 hour.

You can tell when your quick breads are done, by inserting a toothpick have having it come out clean (it may have a few crumbs, but no batter).

Sticky Buns

½ cup margarine
½ cup brown sugar, packed
2 cups buttermilk baking mix (Bisquick)
2 tablespoons sugar
1 teaspoon nutmeg
¼ teaspoon cinnamon
2/3 cup half and half or milk
1 egg
36 pecan halves (optional)

1. Heat oven to 400 degrees.
2. In a muffin pan, place 2 teaspoons margarine and 2 teaspoons brown sugar in each cup.
3. Place in oven to melt margarine. When melted, remove and add 3 pecan halves to each muffin cup.
4. In a mixing bowl, combine baking mix, sugar, nutmeg, cinnamon, half-and-half, and egg. Beat well for ½ minute.
5. Divide batter evenly in the 12 muffin cups.
6. Bake 15 minutes. When done, immediately turn pan upside down and remove buns to prevent sticking.

Rhubarb Nut Bread

1½ cups brown sugar
1 egg
1/3 cup oil
1/3 cup applesauce
1 cup sour milk* or buttermilk
1 teaspoon baking soda
1 teaspoon vanilla
1 teaspoon salt
2 ½ cups flour
2 cups diced frozen or fresh rhubarb
½ cup chopped nuts (optional)

1. Heat oven to 325 degrees.
2. Beat together brown sugar, egg, oil and applesauce.
3. Add milk, soda, vanilla, salt and flour and mix.
4. Stir in rhubarb and nuts. Pour into two small 3x8x2-inch loaf pans.
5. Bake for 1 hour.

* Make sour milk by adding 1 teaspoon of vinegar to 1 cup regular milk and letting it stand for 10 minutes.

Zucchini Bread

3 eggs
1 cup oil
or (1/2 cup applesauce and 1/2 cup oil)
or (3/4 cup applesauce and 2 T oil)
3 teaspoons vanilla
2 cups zucchini, peeled and grated
2 cups sugar
1 teaspoon soda
1/2 teaspoon baking powder
1/2 cup nuts, chopped (optional)
3 teaspoons cinnamon
3 cups flour (if applesauce is used add 3 1/4 cup flour and 1/3 cup quick oats)

1. Preheat oven to 325 degrees.
2. Beat together eggs, oil, vanilla, zucchini and sugar.
3. Add all other ingredients and mix well.
4. Pour into two 9x5x2-inch loaf pans or three 3x8x2-inch loaf pans.
5. Bake for 45 minutes to 1 hour.

Overnight Coffeecake

3/4 cup sugar
1/2 cup packed brown sugar
2/3 cup margarine
2 eggs
2 cups flour
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon baking soda
1 teaspoon baking powder
1 cup buttermilk

1. Cream sugar and margarine. Add eggs and beat.
2. Add remaining ingredients and mix well.
3. Pour into greased and floured 9x13-inch pan.

Topping

1/4 cup packed brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup chopped nuts

1. Mix all ingredients together and sprinkle on top of coffeecake batter.
2. Cover and refrigerate overnight.
3. Uncover and bake at 350 degrees for 25 to 30 minutes.

Breadsticks

1 1/4 cups flour
2 teaspoons sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
2/3 cup milk
2 tablespoons melted margarine
1 teaspoon garlic salt

1. Preheat oven to 450 degrees.
2. In a small bowl, combine flour, sugar, baking powder, and salt.
3. Add milk and stir to form soft dough.
4. Place dough onto a floured surface and knead gently a few times.
5. Roll into 10-inch by 5-inch rectangle about 1/2-inch thick. Cut into 12 breadsticks.
6. Roll breadsticks in melted butter (or brush melted butter on) and place on cooking sheet. Sprinkle with garlic salt.
7. Bake for 15 minutes until golden brown.

Rhubarb Muffins

1 1/2 to 2 cups diced rhubarb (about 1-inch pieces)
1 1/4 cup brown sugar
2 1/2 cups flour
1 teaspoon baking soda
1 teaspoon baking powder
1/4 cup cooking oil
1/4 cup applesauce
(If not using applesauce use 1/2 cup oil total)
1 egg
1 cup buttermilk
Optional topping:
1 teaspoon cinnamon
1 tablespoon melted margarine
1/3 cup brown sugar

1. Heat oven to 350 degrees and grease 12 muffin cups.
2. Combine rhubarb, sugar, flour, baking soda and baking powder in a large bowl. Make a well in center of flour mixture.
3. In a separate bowl mix together oil, applesauce, egg and buttermilk.
4. Add egg mixture into well of flour mixture.
5. Stir lightly. Fill muffins cups 1/2 full.
6. If using optional topping, combine all ingredients and sprinkle on top of each muffin.
7. Bake for 20 minutes.

Children's Activity - Bread in a Bag

Step 1

In a large plastic bag add:

- ◆ 1 cup all-purpose flour
- ◆ 1 package rapid rise yeast
- ◆ 3 tablespoons sugar
- ◆ 3 tablespoons non-fat dry milk
- ◆ 1 teaspoon salt

Shake the bag to mix ingredients.

Open the bag and add:

- ◆ 1 cup hot water (125 to 130 degrees)
- ◆ 3 tablespoons vegetable oil

Reseal the bag and mix ingredients by working bag with fingers.

Open the bag and add:

- ◆ 2 cups all-purpose flour OR 1 cup all-purpose flour and 1 cup whole wheat flour OR 1 cup all-purpose flour and 1 cup oatmeal

Squeeze out the air from the bag and seal. Squeeze until the dough becomes stiff and pulls away from the bag. If dough doesn't pull away add flour, two tablespoons at a time, until the dough pulls away from the bag.

Step 2

Put a little flour on your hands and remove the dough from the bag. Place on a clean table dusted with flour. To knead the dough, use:

- ◆ your fingers to fold the dough in half
- ◆ the heel of your hand to press and push the dough
- ◆ your fingers to turn the dough a 90 degree turn (from 3 o'clock to 12:00)

Continue with fold, press, turn, fold, press, turn, and so on for eight minutes. Cover the dough and let it rest for 10 minutes.

Step 3

On a floured surface, make a rectangle a little smaller than a sheet of paper with the dough by rolling it with a rolling pin or pressing it with your hands. Roll the dough the long way and pinch the ends and the long seam closed.

Place the dough pinched side down in a greased loaf pan 9x5x2-inch.

Let dough rise in a warm spot for about 20 to 30 minutes, until doubled in size.

Step 4

Heat oven to 375 degrees. Place loaf pan in oven and bake for 20 minutes or until baked through. Remove bread from pan and cool on wire rack for 15 minutes before cutting.

Sunday Breakfast

Buttermilk Pancakes

2 cups flour
1½ teaspoons baking soda
1½ teaspoons baking powder
2 tablespoons sugar
2 eggs
¼ cup melted margarine or oil
2 cups buttermilk

1. Combine all ingredients and mix well.
2. Heat griddle, regular fry pan or electric fry pan to medium.
3. Spray with non-stick spray for the first pancake.
4. Pour ¼ to 1/3 cup batter on griddle.
5. When surface of the pancake starts to bubble (about 2 minutes) use pancake turner to flip pancake over.
6. Cook for about 2 minutes on second side.

Make pancakes thicker by adding more flour or thinner by adding more buttermilk

Waffles

2 cups flour
2 teaspoon baking powder
2 eggs
½ cup melted butter
1¾ cups milk

1. Combine all ingredients and mix well.
2. Heat waffle iron.
3. Spray with non-stick spray for the first waffle.
4. Pour about 1/3 to ½ cup batter on waffle iron. Close lid.
5. When waffle quits steaming it is done. Adjust time as needed.

Buttermilk Waffles

Use 2 cups buttermilk instead of regular milk and change 2 teaspoons baking powder to 1½ teaspoons baking powder and 1½ teaspoons baking soda.

Pancake or Waffle Toppings

Diced fresh fruit
Cinnamon sugar
Jelly or jam
Regular or lite maple syrup

Quick Breads

